

TRAINING

STRESS MANAGEMENT



EDUCATIONAL GOALS

- Understanding levels and types of stress
- Identify your own stressors
- Practice breathing and relaxation techniques
- Develop assertiveness and self-esteem
- Use personal organization and priority management to minimize stressful situations

CLASS FORMAT

Our classes are usually made up of 8 to 12 students for better individualization of learning. The International College of Cannes also offers individual courses for faster and more efficient learning.

OUR PEDAGOGY

- Brainstorming
- Workshops
- Tests
- Scenarios
- Methodological contributions
- This training is led by a specialized trainer.

EVALUATION

A final simulation session, using the concepts mentioned in the course

A skills assessment sheet is given to each trainee allowing them to assess their skills.

DOCUMENTS AND MATERIALS FOR TRAINEES

Each trainee will be given a training certificate at the end of the session.

PEDAGOGICAL SUPERVISION

The training is led by specialized trainers.

INFORMATION

TRAINING DURATION

14 hours over 2 days

PUBLIC

Anyone wishing to effectively channel their stress and emotions at work.

PREREQUISITES

No prerequisites

TRAINING

STRESS MANAGEMENT



OUR PROGRAM

Stress levels and factors:

- Definition, reaction and symptoms of stress (bodily, emotional, intellectual and behavioral).
- Understand reactions to stress.
- The three levels of stress: alarm, resistance, exhaustion.
- Identify your own personal and professional stressors.
- Know the stages of change and the associated stress.

Stress management techniques:

- Cognitive approach: "limiting" beliefs, injunctions and permissions.
- Emotional approach: empathy, positive grounding, visualization and respect for basic needs.
- Body approach: breathing, relaxation
- Behavioral approach: conflict management.
- Approach to relational games with the Karpman triangle: persecutor, savior and victim.

Increase resistance to stress: develop an effective strategy

- Increase self-esteem, affirmation and self-control by defining one's values, qualities and skills.
- Verbal and non-verbal communication at the service of his assertiveness.
- Understand and reposition behaviors under stress (attack, flight, withdrawal, submission and dominance).
- Identification of supports for problem solving. Prepare for confrontation.
- Improve your professional and personal organization for better management of priorities.

START DATES

Please contact us for more details

HOW TO ENROLL

To register, please contact our team via the contact page of our website, by email at info@french-in-cannes.fr or by phone at +33 (0)4 93 47 39 29

PRICE :

1200 Euros